

CROSSROADS

of the Atlantic

Vol. 6 No. 28

July 13, 2001

Lajes Field, Azores

Local DUI laws to change

Staff Sgt. Beverly Isik
Public affairs

Drinking and driving on Terceira will be even more risky starting Oct. 1, when a new Portuguese law goes into effect, changing legal blood alcohol content limits to 0.2.

"Portuguese authorities have essentially adopted a zero tolerance policy for drinking and driving, said Navy Lt. Adam Stoffa, U.S. Forces Azores, assistant legal advisor. "That's

not uncommon in European countries."

BAC is determined by a person's size and weight, but he said "0.2 is extremely low -- so any alcohol will probably kick you to 0.2."

A big misconception among some Americans, Stoffa explained, is they think they don't have to take the DUI laws here seriously and that the laws aren't enforced. "That's just not the case," he said. "The laws are taken seriously, and they're going to be taken even more

seriously. The legal BAC level was already low, and in October, it's going to be even lower."

The lawyer said even a glass of wine with dinner could potentially cause some people's BAC to go over the limit when Portuguese officials implement the new law in October.

Law enforcement officials here impose different penalties depending on the BAC level, Stoffa said. For example, A BAC of 0.5-0.79 is a traffic offense that can bring fines of 15,000-75,000 escudos. They can suspend drivers licenses and impose fines of 30,000-150,000 escudos for drivers with a BAC of 0.8-1.19. A level of 1.2 or more is a felony that adds up to a year in jail to the list of punishments.

In October, local police will issue citations when BAC is at 0.2 instead of the current 0.5.

While some may think the DUI laws are too strict, 65th Air Base Wing and U.S. Forces Azores Commander Col. Bill Percival said he expects all Team Lajes members to abide. "Even though the new 0.2 limit is considerably lower than our on-base limits, as U. S. servicemembers serving overseas, you're required to obey the laws of our host nation. We want to be good neighbors."

People who think they can get caught off base, pay the fine and no one will be the wiser -- should think again. Portuguese law en-

See DUI on Page 2



photo illustration by Senior Airmen Michael Holzworth and LeeAnn Sunn-Wagner

MISSION STATUS PROGRAM

as of Monday

65 ABW GOAL: 90%

LG	95.6%
MDG	84.2%
SPTG	88%
WING AGENCIES	96.7%
65 ABW TOTALS	91.3%

MET	GOAL	CURRENT	LAST
Total Wing (280)	243	246.6	254.2

What's inside?

Blitz, one of Lajes' military working dogs, shows Gen. John Jumper, commander, Air Combat Command, that his bite is just as bad as his bark. See related working dog story on Page 3.





photo by Senior Airman Michael Holzworth

... to support and defend

Air Combat Command Commander Gen. John Jumper re-enlisted 14 Team Lajes members during a visit here Tuesday. Re-enlistees are Senior Master Sgt. **Errol Brown**, Staff Sgt. **Nathan Zuniga**, Staff Sgt. **Shane Horblit**, 65th Supply Squadron; Staff Sgts. **Anthony Coppola** and **Mildred Pruitt** and Senior Airman **Darren Solmerin**, 65th Communications Squadron; Master Sgt. **Wendell Gatlin**, 729th Air Mobility Squadron; Tech. Sgt. **Charles Heim**, 65th Contracting Squadron; Tech Sgt. **William Coppola**, 65th Comptroller Flight; Staff Sgt. **Robert Campbell**, 65th Services Squadron; Staff Sgt. **Jennifer Gruberman**, 65th Medical Support Squadron; Staff Sgt. **Michael St. John**, 65th Operations Support Squadron; Staff Sgt. **Arvin Walkup**, 65th Civil Engineering Squadron; and Senior Airman **Broderick Franklin**, 65th Security Forces Squadron.

DUI *Continued from Page 1*

forcement officials notify the 65th Security Forces Squadron whenever an American is arrested, Stoffa said.

Although Lajes doesn't have a history of a lot of DUIs, officials said there have been three in the past month.

"People need to realize enforcement in town has gone up substantially," Stoffa said.

On Terceira, the police don't administer a field sobriety test to determine if a driver is intoxicated. They use a disposable Breathalyzer that shows if alcohol is present, he explained.

"They sort of short circuit the field sobriety test for a number of reasons," Stoffa said. "One being that it wouldn't necessarily be safe to do one on the side of the road here."

"If you blow on the disposable and that's positive, then the police are going to take you down to the station and have you breathe into an Intoxilyzer which can provide a much more accurate reading," the lawyer said.

The way the Portuguese measure BAC may confuse some Americans, according to Stoffa. BAC levels here are measured in grams per

liter, while in America, it's measured in grams per milliliter. The difference is a decimal shift one place to the left. For example, a BAC of 1.0 here is like 0.10 in the states.

Stoffa said the solution is simple.

"If you intend to drink any alcohol – do not drive," Stoffa said. "Get a cab, a designated driver or walk. By October, one beer is probably going to put you in violation of Portuguese law."

(Editor's Note: Shayna Brothers, a summer hire in the legal office, helped compile this article.)

CROSSROADS of the Atlantic *Editorial Staff*

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This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field, Air Combat Command. Editorial offices are located in Bldg. T-100, Room 207, 2-2369.

News, features, art and photography are solicited from readers, however, the editor reserves the right to edit copy and judge if submissions are newsworthy or appropriate for the newspaper.

Deadline for submission is Friday by noon, one week prior to publication.

All photographs are Air Force photographs unless otherwise indicated. Photo support is provided by the 65th Visual Information Flight.

Lord watches over Lajes

Staff Sgt. Beverly Isik
Public affairs

When he's driving around base in the patrol car, Staff Sgt. Jason Painter may look like he's talking to himself, but don't worry. He's not crazy. He's actually talking to Lord.

Not to be confused with God, Lord is Lajes newest security forces member — a two-year-old German shepherd assigned to the military working dog section in June.

"Lord is brand new in the Air Force. This is his first base and I'm his first dad," Painter said with the pride of a new father.

Painter, who arrived at Lajes less than a month before Lord, said his K-9 partner keeps him company.

"He rides around with me all day and I talk to him all the time," he said. "He's just two years old, so I still consider him a puppy — I talk to him in puppy talk."

Even though Painter said he has loved dogs since he was "a kid," it wasn't love at first sight with him and Lord.

"It was tough the first couple of days because he was really disobedient and I hadn't established a good rapport with him yet. It took about a week, but we're bonding really well now," he said as he patted the 70-pound K-9 on the head.

"He already knows I'm his dad and he loves to see me," Painter said. "He starts salivating and jumping up and down when I come in the kennels. The first day back at work after a break is when he's the worst."

Lord, who Painter describes as a tough guy, came to the Air Force when he was a puppy from a breeder in Germany.

Painter has been in security forces for all of his eight-year career and crossed trained into the K-9 section in 1997. He said he gets more than just job satisfaction working with Lord.

"It's the best feeling when that dog knows you're his dad. It's the best feeling in the world," he said. "You could have the kennels full of people, but he'll be looking in between everyone else just to find me."

Keeping Lajes safe and secure with a dog by his side isn't a stroll in the park, the Missouri native explained. It's also long hours

and dirty work. "It's not a cake walk like some people think. I don't just put the dog in the truck and ride around all day.

"It's just like taking care of a baby," he said. "You have to feed them and give them a bath and brush them. It's a lot of work, especially in the military. In the civilian world you get to take the dog home. But, military handlers have to put them in kennels. So you've got to go to the kennels a lot more on your days off."

But he's not complaining. "I like to stop by and say hi and let him run around. He's mine," he said while Lord rested his paws in his Dad's lap and gave him a big lick on the face.

"If you're not used to riding in the car with a dog, it smells like a dog — sometimes it smells like a wet dog, but I'm used to it."

Painter spends almost all of his working hours with Lord. He said he only puts his partner in the kennels when he

goes "to chow."

Dog handlers don't get hazardous duty pay, but there are some K-9-specific hazards.

"I've been bitten, but not bad -- just little nicks. But I've known people who have had some serious bites," he said.

"And even though we use a wrap for protection when we do attack training, you can feel it," he said of the dogs who can apply more than 450 pounds of pressure per square inch when they bite — enough to easily break the bone in a man's arm or leg.

"That's about 1,000 pounds of pressure," he said.

Lord isn't a trained killer. But he's trained to attack, to catch, bite and hold the bad guy, until his partner tells him to let go.

Despite all the hard work, there are quite a few advantages, according to Painter. Everything from getting more temporary duty assignments to secret service missions and presidential support.

"You can also work with customs if they need you on the borders of Canada and Mexico," he said.

He has also meet some famous people. During the last election in November, he went TDY eight times in five months.

"I've protected some high-ranking leaders," he said. "Sometimes you might not really get to talk to them, but that's who you're there to support and protect."

Sometimes, dog handlers even provide protection for television personalities. "Once I was actually standing right next to Diane Sawyer."

Military working dog teams play a big part in force protection, according to Col. Bill Percival, 65th Air Base Wing commander who said they work hard to ensure Lajes is a safe place to live and work.

"The dogs have to find the drugs. They have to find the bombs. They have to provide that deterrence out there," Painter said. "Because, believe it or not, a lot of people are more scared of dogs than of actual patrolmen walking around."

But, good guys at Lajes don't need to worry when they see the dynamic duo out and about. "Lord is already a good dog and he's only going to get better," he said. "Everyone's going to enjoy seeing him around the base. They can look at him and say 'Yeah, we're well protected because of this dog.'"



Staff Sgt. Jason Painter and Lord



photo by Tech. Sgt. Scott Johnson

Painter and Lord search the restrooms at the base theater. The team conducts random searches in various base facilities.

MDG exercise group sheds pounds

Tech. Sgt. Jose Ruiz
Public Affairs

Sixty-two members of the 65th Medical Group showed up at the Chace Fitness Center June 14 determined to meet a challenge together — the 650 Challenge.

The challenge, developed by the Health and Wellness Center for the group's members, involves a collective weight loss of 650 pounds in 65 days among participants through nutrition, education, exercise and individual life-style changes.

They're right on track, according to Staff Sgt. Elizabeth Matthews, NCO in charge of the HAWC. As of Monday, the group is more than one-third of the way to their goal -- with a total weight loss so far of 243 pounds.

The 650 Challenge is designed to bring participants down to their desired weights in a safe manner, with the group's goal set by the total number of participants.

"We try to help participants lose a little less than two pounds a week, which is a healthy weight loss," Matthews said.

To ensure participants do not undertake riskier weight loss options, members must sign a contract in which they pledge to follow the program without the aid of "fad" diets or harmful supplements.

Participants are given handbooks with information on healthy eating habits, exercising and lifestyle change techniques. They are also given the option to attend classes on nutrition, behavioral modification, cardiovascular exercising and weight-resistance training.

Participants have the option of tracking their weight anonymously on a spreadsheet file accessible via a shared drive. The file's data is

tracked by HAWC members and participants are given periodic feedback on their progress.

The challenge is also incorporated into the group's fitness program, Ready Medic, adding the physical exercises to be learned and used to implement the desired lifestyle change.

"Under Ready Medic, we go out on Tuesdays, Wednesdays and Fridays and do about 30 minutes of supervised exercises," she said.

"After warming up and stretching, we do some calisthenics and play games, such as dodge ball or volleyball. We want them to see that exercising isn't so scary and to get them familiar with it."

She said the desired outcome of the challenge is to permanently change each participant's nutrition and fitness habits.

"The general rule is that if you do something 21 times, it becomes a habit," Matthews said. "Hopefully, if they do it 65 times, it will really become a habit."

Once participants get going, Matthews said they usually go into a sort of health cruise control.

"Getting fit is actually harder than staying fit," she said. "It's losing that first five to 10 pounds that people just struggle with."

Participants aren't expected to lose the targeted weight every week, only to implement the changes that bring about positive weight loss.

"We just want them to keep track of their weight, eating habits and exercising," Matthews said. "They aren't required to lose 11 pounds. If they just lose five, they've contributed to the goal of 650."

Matthews expressed interest in helping other Lajes units implement similar challenges for their troops.

"We hope other units will want to do a similar thing," she said.

... the group is more than one-third of the way to their goal -- with a total weight loss so far of 243 pounds.

Fitness safety tips help reduce chance of injury

WASHINGTON — Here are some guidelines to help you improve your performance level and reduce injuries.

Stretch before and after exercising

Proper stretching can mean the difference between agony and enjoyment. It increases the range of motion of your muscles, reduces injury risks and improves your performance, among other benefits.

Increase your mileage sensibly

Avoid doing too much exercise too soon. A general guideline is to limit any increase in your weekly distance to 10 percent or less of your previous week's total. Exercise is not a contest. Quality is often more important than quantity.

Take it easy

Every so often, incorporate a relatively easy week into your schedule. You don't have to increase your mileage every week to continue to benefit from your efforts.

Don't subject yourself to consecutive days of very intense exercise. Always follow a relatively hard day of exercising with an easier day.

If you walk or run considerably farther than usual on a particular day, either take the next day off or decrease the duration and intensity of your next workout.

Treat injuries

Treat all injuries immediately and properly. As a general guideline, rest, ice, compression and elevation — "RICE" — should be the basis of treatment for most minor injuries.

Don't ignore sudden acute pain. See a physician, preferably a sports medicine specialist, if your acute pain does not respond to self-treatment within a reasonable period of time. Pain is your body's early warning signal that something is wrong.

Limit mileage

Limit your total weekly mileage to a sensible level. Too much exercise increases the chances of injury. Listen to your body. Pain and chronic soreness are excellent indicators that you probably are doing too much.

Replace shoes

Replace your running shoes periodically. Proper footwear significantly minimizes your

chances of being injured. Record your mileage daily and replace your shoes once the cumulative total exceeds about 500 miles.

Don't change pattern of foot movement

Don't let pain change your natural pattern of movement while exercising. If you alter your normal foot plant while walking or running in an effort to accommodate pain or discomfort, you may excessively stress your joints and adjacent tendons, ligaments, and muscles. Refrain from exercise until the pain no longer interferes with natural running mechanics.

Vary training modes

Vary your training modes. Give your joints and muscles an occasional break from the "same old grind" by adding other forms of exercise to your workout such as cycling, swimming, stair climbing, cross-country skiing and rowing.

(Editor's note: This is a special article from the American Forces Press Service, reprinted by permission from the American College of Sports Medicine Health & Fitness Journal, July/August 1997, Volume 1/Number 4, author Dr. James Peterson.)

Supplements may not be safe

Many people in the United States and even the military are supplementing their diets with over-the-counter pills, potions and miracle herbs of the moment.

Weight loss supplements may be popular and commercially available, but that doesn't make them safe or effective.

Even though Americans can buy many supplements over the counter, researchers encourage servicemembers to avoid them.

Below is some information on a few:

Androstenedione

This gained notoriety when St. Louis Cardinals slugger Mark McGwire said he used it.

Androstenedione is related to testosterone and alleged by proponents to help build muscle bulk and strength.

A small, controlled test reported in the *Journal of the American Medical Association* showed no such effects. However, researchers noted some of the male subjects experienced increased female hormone levels in the blood and decreased "good" cholesterol levels.

Long-term effects are still uncertain.

Ginseng

The ginseng root has been a versatile herb in traditional Chinese medicine for thousands of years. Asians call it the "panacea" or "elixir of life."

Proponents claim it increases resistance to disease; stimulates and improves the work of brain cells; prevents headaches, fatigue and exhaustion; and stimulates circulation and the functions of the endocrine glands.

There's no proven long-term effects.

Ginkgo biloba

This herbal product is alleged to improve mental facility and recall and to have beneficial effects on the circulatory system, particularly among the elderly.

Studies have shown it can help in treatment of their short-term memory loss, headache, ringing in the ears and depression by improving blood flow in the arteries and capillaries.

There are no proven long-term effects from this herb.

(Editor's note: This article is comprised from information from the American Forces Press Service.)

Lajes 911 calls linked to Ephedrine usage

Capt. Jason Deese
Health promotion

Some people will try almost anything to lose a few extra pounds.

One popular weight-loss supplement is Ephedrine which is prescribed to relieve symptoms of bronchial asthma, chronic bronchitis, emphysema and other lung diseases.

What some people might not know is ephedrine is related to amphetamines.

Both long-term use and overdosage can be toxic. Some medical studies have implicated ephedrine and its derivatives in cases of brain hemorrhages and strokes.

Although products containing ephedrine may be less risky when taken short term, the potential for adverse reactions is relatively high -- especially on Terceira.

The local heat and humidity increase the chances of adverse reactions, due to dehydration and heat injury.

Lajes has already experienced some close calls related to ephedrine -- two severe enough that 911 was activated and the patients were transported to Angra Hospital.

In the first case, a 30-year-old NCO followed the recommended dosage of ephedrine spread over two doses, then exercised heavily. Both of his hands turned numb,

and he experienced respiratory problems and became dizzy.

The second case was a 35-year-old woman who was taking ephedrine for several weeks as a weight loss aid, and she recently switched brands.

She experienced the same symptoms as the first patient, but was also nauseous, felt a pounding in her head and her heart rate escalated to 205 beats per minute.

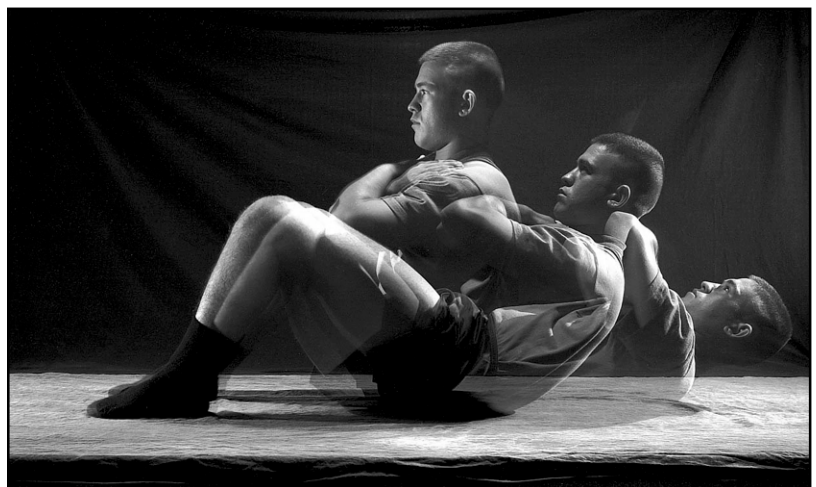
She passed out while talking to her physician on the phone, and she was also transported to Angra in an ambulance.

Fortunately both people were treated and released with no serious damage, but the potential was there for heat stroke and heart attack.

The Army recently reported a young, previously healthy private first class who died while exercising, shortly after taking an ephedrine-containing product.

Army, Navy and Air Force Health Promotion and pharmacology experts caution users of the potential dangers of taking ephedrine supplements, even though these products may be available at some base facilities.

Ephedrine can be dangerous, and its use is banned or restricted by at least 20 states.



U.S. Air Force photo

Test of strength

The Air Force Fitness Program goal is to motivate all members to participate in a year-round physical conditioning program. Ergometry testing now includes push-ups and sit-ups. They are mandatory this year, but will not be pass or fail until Jan. 1, 2002. The addition was made to ensure people are healthier and ready to deploy. For information on exercising, call the Health and Wellness Center at 2-3889.

American Forces Network on TV <http://www.afrts.osd.mil/afnontv/html/schedule.htm>

Saturday

TIME	CH 8, 37 AFNATLANTIC	TIME	CH 38 AFNPACIFIC	CH 39 SPECTRUM	CH 40 NEWSPORTS
9:00	Pokémon (TV-Y)	7:00	WWF Smackdown! (TV-14)	The View	Nightline
9:30	City Guys (TV-Y7)	7:30			Nightly Business Report
10:00	Standard Deviants (TV-G)	8:00	Storytellers (TV-PG)	Better Homes & Gardens	Dateline NBC
10:30	Battlebots (TV-PG)	8:30	Lyle Lovette	A Wedding Story (TV-PG)	
11:00	Hometime (TV-PG)	9:00	Headline News	Frasier (TV-PG)	MLB
11:30	California's Gold	9:30	ESPNNews	Friends (TV-PG)	Teams TBD
12:00	Storytellers (TV-PG)	10:00	JAG (TV-PG)	Dawson's Creek (TV-14)	
12:30	Lyle Lovette	10:30	Collision Course	Stolen Kisses	
13:00	WWF Smackdown! (TV-14)	11:00	Judging Amy (TV-PG)	Beverly Hills, 90210 (TV-14)	
13:30		11:30	Red Headed Stepchild	Santa Knows	
14:00	JAG (TV-PG)	12:00	20/20	Any Day Now (TV-14)	ESPN Sportscenter
14:30	Collision Course	12:30		Don't Say Anything	
15:00	Judging Amy (TV-PG)	13:00	Headline News	Masterpiece Theatre (TV-14)	Headline News
15:30	Red Headed Stepchild	13:30	Saturday Night Live (TV-14)	Far From the Madding Crowd	Wall Street Journal Report
16:00	20/20	14:00	Charlie Sheen/Nelly Furtado		MLAughlin Group
16:30		14:30			Washington Week In Review
17:00	Headline News	15:00	It's Showtime At The Apollo	The View	Travel Now
17:30	Navy/Marine Corps News	15:30			People in The News
18:00	SportsCenter	16:00	AMA Motocross (Buchanan, MI)	Better Homes & Gardens	Baseball Tonight
18:30		16:30		A Wedding Story (TV-PG)	
19:00	MLB	17:00		Frasier (TV-PG)	IROC XXV #3
19:30	Interleague Teams TBD	17:30		Friends (TV-PG)	
20:00		18:00	Air & Sea Show (FL Lauderdale, FL)	Dawson's Creek (TV-14)	Tour de France
20:30		18:30		Stolen Kisses	ESPNNews
21:00		19:00	Headline News	Beverly Hills, 90210 (TV-14)	RPM2Night
21:30		19:30	Hour Of Power	Santa Knows	NASCAR BGN
22:00	MLB	20:00	Outreach of Love	Any Day Now (TV-14)	Chicagoland 300
22:30	Interleague Giants @ Mariners	20:30	Coral Ridge Hour	Don't Say Anything	
23:00		21:00	The Word In The World	Masterpiece Theatre (TV-14)	
23:30		21:30	Cafe Video	Far From the Madding Crowd	
0:00		22:00	Headline News		Headline News
0:30		22:30	Air Force TV News		Navy/Marine Corps News
1:00	Saturday Night Live (TV-14)	23:00	MLB	Swamp Critters Of Lost Lagoon	MLS
1:30	Charlie Sheen/Nelly Furtado	23:30	Interleague Teams TBD	Lifestyle Magazine	Tampa bay @ San Jose
2:00		0:00		The 700 Club	
2:30	It's Showtime At The Apollo	0:30		Real Videos	
3:00		1:00		The Simpsons (TV-PG)	WNBA Action
3:30	Late Friday (TV-PG)	1:30		Malcolm In The Middle (TV-PG)	WNBA
4:00		2:00		Everybody Loves Raymond	Los Angeles @ Washington
4:30	Entertainers	2:30		Will & Grace (TV-14)	
5:00	Headline News	3:00	Bear In The Big Blue House	ER (TV-14)	ESPNNews
5:30	Hour Of Power	3:30	Rabbit Ears	Masquerade	Larry King Weekend (CNN)
6:00	Outreach of Love	4:00	Family Movie	Magnum P.I. (TV-G)	
6:30	Coral Ridge Hour	4:30	Ghost Dad (TV-PG)	Don't Eat The Snow In Hawaii	
7:00	The Word In The World	5:00		All In The Family (TV-G)	Dateline Intl 1
7:30	Cafe Video	5:30		Sanford & Son (TV-G)	
8:00	Bear In The Big Blue House	6:00	Wild America Specials	Who Wants To Be A Millionaire	Judith Regan Tonight (FNC)
8:30	Rabbit Ears	6:30	Amazing Legends		

Sunday

TIME	CH 8, 37 AFNATLANTIC	TIME	CH 38 AFNPACIFIC	CH 39 SPECTRUM	CH 40 NEWSPORTS
9:00	Family Movie	7:00	WWF Superstars (TV-14)	Swamp Critters Of Lost Lagoon	Dateline Intl #2
9:30	Ghost Dad (TV-PG)	7:30		Lifestyle Magazine	
10:00		8:00	Xena: Warrior Princess	The 700 Club	Navy/Marine Corps News
10:30		8:30	The Ring	Real Videos	Air Force TV News
11:00	Wild America Specials	9:00	Headline News	The Simpsons (TV-PG)	NASCAR Craftsman Tris Kroger 225
11:30	Amazing Legends	9:30	ESPNNews	Malcolm In The Middle (TV-PG)	
12:00	Headline News	10:00	7th Heaven (TV-G)	Everybody Loves Raymond	
12:30	Air Force TV News	10:30	Brave New World	Will & Grace (TV-14)	
13:00	MLB	11:00	Primetime Movie	ER (TV-14)	Baseball Tonight
13:30	Interleague Teams TBD	11:30	Picture Perfect (TV-PG)	Masquerade	
14:00		12:00		Magnum P.I. (TV-G)	ESPN Sportscenter
14:30		12:30		Don't Eat The Snow In Hawaii	
15:00		13:00	Headline News	All In The Family (TV-G)	
15:30		13:30	Seinfeld (TV-14)	Sanford & Son (TV-G)	CBS News Sunday Moring
16:00	WWF Superstars (TV-14)	14:00	The Drew Carey Show (TV-PG)	Who Wants To Be A Millionaire	
16:30		14:30	Walker, Texas Ranger (TV-PG)		Face the Nation
17:00	Xena: Warrior Princess	15:00	Justice Delayed	Swamp Critters Of Lost Lagoon	Evans, Novak, Hunt & Shields
17:30	The Ring	15:30	America's Black Forum	Lifestyle Magazine	
18:00	SportsCenter	16:00	Baseball Tonight	The 700 Club	Baseball 2Day
18:30		16:30		Real Videos	
19:00	ESPN Sports Reporters	17:00	CART	The Simpsons (TV-PG)	CNN/5I
19:30	RPM2Day	17:30	Molson Indy (Toronto)	Malcolm In The Middle (TV-PG)	
20:00	NASCAR	18:00		Everybody Loves Raymond	MLB
20:30	Tropicana 400 (Chicagoland Speedway)	18:30		Will & Grace (TV-14)	Teams TBD
21:00		19:00	MLS	ER (TV-14)	
21:30		19:30	Mammi @ LA	Masquerade	
22:00		20:00		Magnum P.I. (TV-G)	
22:30		20:30		Don't Eat The Snow In Hawaii	
23:00		21:00	PGA	All In The Family (TV-G)	Tour De France
23:30		21:30	Greater Milwaukee Open Final Rnd	Sanford & Son (TV-G)	
0:00	SportsCenter	22:00		Who Wants To Be A Millionaire	CNN/5I
0:30		22:30			
1:00	Headline News	23:00	Headline News	The Jetsons (TV-G)	Headline News
1:30	Seinfeld (TV-14)	23:30	Showbiz This Weekend	Leave It To Beaver (TV-G)	Air Force TV News
2:00	The Drew Carey Show (TV-PG)	0:00	Sesame Street (TV-Y)	Happy Days (TV-G)	MLB
2:30	Walker, Texas Ranger (TV-PG)	0:30		The Jeffersons (TV-G)	Teams TBD
3:00		1:00	Little Bill (TV-Y7)	Star Trek (TV-PG)	
3:30	WWF Superstars (TV-14)	1:30	Wheel Of Fortune	Assignment: Earth	
4:00		2:00	Oprah Winfrey Show (TV-14)	Nova (TV-PG)	
4:30	America's Black Forum	2:30		Building Big Skyscrapers	
5:00	Meet The Press	3:00	Headline News	The FBI Files (TV-PG)	Sports Tonight
5:30		3:30	Judge Judy (TV-PG)	Cop Killer	
6:00	Headline News	4:00	Port Charles (TV-14)	Law & Order (TV-14)	This Week
6:30	ESPNNews	4:30	[25] Guiding Light (TV-14)	Cherished	
7:00	Sesame Street (TV-Y)	5:00	[13] General Hospital (TV-14)	Spectrum Movie	Computer Chronicles
7:30		5:30		Project X (TV-PG)	Science & Technology Week
8:00	Little Bill (TV-Y7)	6:00	Asahi!!! Real Monsters (TV-Y)		Motor Week
8:30	Wheel Of Fortune	6:30	Weekenders (TV-Y)		George Michael Sports Match

Monday

TIME	CH 8, 37 AFNATLANTIC	TIME	CH 38 AFNPACIFIC	CH 39 SPECTRUM	CH 40 NEWSPORTS
9:00	Oprah Winfrey Show (TV-14)	7:00	Horrible Histories	The Jetsons (TV-G)	World Report
9:30		7:30	Brothers Garcia (TV-G)	Leave It To Beaver (TV-G)	
10:00	Port Charles (TV-14)	8:00	Jeopardy!	Happy Days (TV-G)	World View
10:30	[25] Guiding Light (TV-14)	8:30	Headline News	The Jeffersons (TV-G)	CNN Newsroom
11:00	[13] General Hospital (TV-14)	9:00	Pacific Report	Star Trek (TV-PG)	MLB
11:30		9:30	[33] CNN/5I	Assignment: Earth	Teams TBD
12:00	Headline News	10:00	60 Minutes	Nova (TV-PG)	
12:30	Judge Judy (TV-PG)	10:30		Building Big Skyscrapers	
13:00	Today	11:00	The West Wing (TV-PG)	The FBI Files (TV-PG)	
13:30		11:30	The Lame Duck Congress	Cop Killer	
14:00		12:00	ABC News "Vanished"	Law & Order (TV-14)	ESPN Sportscenter
14:30		12:30	Disappearing Act	Cherished	
15:00	Asahi!!! Real Monsters (TV-Y)	13:00	Pacific Report	Spectrum Movie	Headline News
15:30	Weekenders (TV-Y)	13:30	[35] Tonight Show w/ Jay Leno	Project X (TV-PG)	Morning Biz Rpt/ABC WNNM
16:00	Horrible Histories	14:00			Good Morning America
16:30	Brothers Garcia (TV-G)	14:30	[35] Late Show w/ David Letterman		
17:00	Jeopardy!	15:00		The Jetsons (TV-G)	
17:30	Headline News	15:30	[35] ESPNNews	Leave It To Beaver (TV-G)	
18:00	CNN/5I	16:00	[05] Movies "Til Dawn	Happy Days (TV-G)	Baseball Tonight
18:30	Headline & Lajes News	16:30	The Man With The Golden Gun	The Jeffersons (TV-G)	
19:00	60 Minutes	17:00		Star Trek (TV-PG)	
19:30		17:30		Assignment: Earth	Triathlon
20:00	The West Wing (TV-PG)	18:00	[20] Movies "Til Dawn	Nova (TV-PG)	Dayton Indy Lights
20:30	The Lame Duck Congress	18:30	Sibling Rivalry (TV-PG)	Building Big Skyscrapers	
21:00	ABC News "Vanished"	19:00		The FBI Files (TV-PG)	
21:30	Disappearing Act	19:30		Cop Killer	SportsCenter
22:00	Headline & Lajes News	20:00	Headline News	Law & Order (TV-14)	Navy/Marine Corps News
22:30	[35] Tonight Show w/ Jay Leno	20:30	ESPNNews	Cherished	Air Force TV News
23:00		21:00	Today	Spectrum Movie	Fox News Live
23:30	[35] Late Show w/ David Letterman	21:30		Project X (TV-PG)	
0:00		22:00			Headline News
0:30	[35] ESPNNews	22:30			NBC Nightly News
1:00	MLB	23:00	Today II	The Jetsons (TV-G)	ABC World News Tonight
1:30	Teams TBD	23:30		Leave It To Beaver (TV-G)	CBS Evening News
2:00		0:00	Sesame Street (TV-Y)	Happy Days (TV-G)	WNBA 5th All Star Game
2:30		0:30		The Jeffersons (TV-G)	
3:00		1:00	Franklin (TV-Y)	Who Wants To Be A Millionaire	
3:30		1:30	Wheel Of Fortune		
4:00	Tour De France	2:00	Oprah Winfrey Show (TV-14)	Intimate Portraits (TV-PG)	Baseball Tonight
4:30	ESPNNews	2:30		Gabrielle Reece	
5:00	Headline News	3:00	NBC Nightly News	Ken Burns' History Of Jazz	Sports Tonight
5:30	ABC World News Tonight	3:30	Judge Judy (TV-PG)	The Adventure	
6:00	CNN/5I	4:00	Port Charles (TV-14)	The Practice (TV-14)	Larry King Live
6:30	NBC Nightly News	4:30	[25] Guiding Light (TV-14)	Trench Work	
7:00	Sesame Street (TV-Y)	5:00	[13] General Hospital (TV-14)	Spectrum Movie	News w/Brian Williams
7:30		5:30		Touch Of Evil (TV-PG)	
8:00	Franklin (TV-Y)	6:00	Sabrina: The Animated Series		The O'Reilly Factor
8:30	Wheel Of Fortune	6:30	Jackie Chan Adventures		

Tuesday

TIME	CH 8, 37 AFNATLANTIC	TIME	CH 38 AFNPACIFIC	CH 39 SPECTRUM	CH 40 NEWSPORTS
9:00	Oprah Winfrey Show (TV-14)	7:00	Nick News (TV-Y)	The Jetsons (TV-G)	Nightline
9:30		7:30	All That (TV-Y)	Leave It To Beaver (TV-G)	Nightly Business Report
10:00	Port Charles (TV-14)	8:00	Jeopardy!	Happy Days (TV-G)	20/20 Downtown
10:30	[25] Guiding Light (TV-14)	8:30	Headline News	The Jeffersons (TV-G)	
11:00	[13] General Hospital (TV-14)	9:00	Pacific Report	Who Wants To Be A Millionaire	MLB
11:30		9:30	[33] CNN/5I		Teams TBD
12:00	Headline News	10:00	Everybody Loves Raymond	Intimate Portraits (TV-PG)	
12:30	Judge Judy (TV-PG)	10:30	Primetime Movie	Gabrielle Reece	
13:00	Today	11:00	Contact	Ken Burns' History Of Jazz	
13:30		11:30		The Adventure	
14:00		12:00		The Practice (TV-14)	ESPN Sportscenter
14:30		12:30		Trench Work	
15:00	Sabrina: The Animated Series	13:00	Pacific Report	Spectrum Movie	Headline News
15:30	Jackie Chan Adventures	13:30	[35] Tonight Show w/ Jay Leno	Touch Of Evil (TV-PG)	Morning Biz Rpt/ABC WNNM
16:00	Nick News (TV-Y)	14:00			Good Morning America
16:30	All That (TV-Y)	14:30	[35] Late Show w/ David Letterman		
17:00	Jeopardy!	15:00		The Jetsons (TV-G)	
17:30	Headline News	15:30	[35] ESPNNews	Leave It To Beaver (TV-G)	
18:00	CNN/5I	16:00	[05] Movies "Til Dawn	Happy Days (TV-G)	60 Minutes II
18:30	Headline & Lajes News	16:30	The American President (TV-	The Jeffersons (TV-G)	
19:00	Everybody Loves Raymond	17:00		Who Wants To Be A Millionaire	SportsCenter
19:30	Primetime Movie	17:30			
20:00	Contact (TV-PG)	18:00	[10] Movies "Til Dawn	Intimate Portraits (TV-PG)	MLB
20:30		18:30	Born Yesterday (TV-PG)	Gabrielle Reece	Teams TBD
21:00		19:00		Ken Burns' History Of Jazz	
21:30		19:30		The Adventure	
22:00	Headline & Lajes News	20:00	Headline News	The Practice (TV-14)	
22:30	[35] Tonight Show w/ Jay Leno	20:30	ESPNNews	Trench Work	
23:00		21:00	Today	Spectrum Movie	Fox News Live (FNC)
23:30	[35] Late Show w/ David Letterman	21:30		Touch Of Evil (TV-PG)	
0:00		22:00			Headline News
0:30	[35] ESPNNews	22:30			NBC Nightly News
1:00	[05] Movies "Til Dawn	23:00	Today II	The Jetsons (TV-G)	ABC World News Tonight
1:30	The American President (TV-	23:30		Leave It To Beaver (TV-G)	CBS Evening News
2:00		0:00	Sesame Street (TV-Y)	Happy Days (TV-G)	NBA 2002 Summer Hoops
2:30		0:30		The Jeffersons (TV-G)	
3:00	[10] Movies "Til Dawn	1:00	Shining Time Station	Star Trek Next Generation	
3:30	Born Yesterday (TV-PG)	1:30	Wheel Of Fortune	Where No One Has Gone	
4:00		2:00	Oprah Winfrey Show (TV-14)	Secrets of War (TV-PG)	Baseball Tonight
4:30		2:30		Prisoners of War (Pl.3)	
5:00	Headline News	3:00	NBC Nightly News	Sea Tales	Sports Tonight
5:30	ABC World News Tonight	3:30	Judge Judy (TV-PG)	Remember the Maine	
6:00	CNN/5I	4:00	Port Charles (TV-14)	NYPD Blue (TV-14)	Larry King Live
6:30	NBC Nightly News	4:30	[25] Guiding Light (TV-14)	Along Came Jones	
7:00	Sesame Street (TV-Y)	5:00	[13] General Hospital (TV-14)	The Last Don (Pt. 1)	News w/Brian Williams
7:30		5:30			
8:00	Shining Time Station	6:00	Disney's Hercules		The O'Reilly Factor
8:30	Wheel Of Fortune	6:30	Rocket Power (TV-Y)		

American Forces Network on TV <http://www.afrts.osd.mil/afnontv/html/schedule.htm>**Wednesday**

TIME	CH38 AFNATLANTIC	TIME	CH38 AFNPACIFIC	TIME	CH39 SPECTRUM	TIME	CH40 NEWSPORTS
9:00	Oprah Winfrey Show (TV-14)	7:00	Croc Files		The Jetsons (TV-G)		Nightline
9:30		7:30	One World (TV-G)		Leave It To Beaver (TV-G)		Nightly Business Report
10:00	Port Charles (TV-14)	8:00	Jeopardy!		Happy Days (TV-G)		Dateline NBC
10:30	[25] Guiding Light (TV-14)	8:30	Headline News		The Jeffersons (TV-G)		
11:00	[13] General Hospital (TV-14)	9:00	Pacific Report		Star Trek: Next Generation		MLB
11:30		9:30	[33] CNN/ISI		Where No One Has Gone		Teams TBD
12:00	Headline News	10:00	Sabrina, The Teenage Witch		Secrets of War (TV-PG)		
12:30	Judge Judy (TV-PG)	10:30	Boy Meets World (TV-PG)		Prisoners of War (Pl.3)		
13:00	Today	11:00	Dark Angel (TV-14)		Sea Tales		
13:30		11:30	The Kidz Are Alright		Remember the Maine		
14:00		12:00	Ally McBeal (TV-14)		NYPD Blue (TV-14)		ESPN Sportscenter
14:30		12:30	Falling Up		Along Came Jones		
15:00	Disney's Hercules	13:00	Pacific Report		The Last Don (Pl. 1)		Headline News
15:30	Rocket Power (TV-Y)	13:30	[35] Tonight Show w/ Jay Leno				Morning Biz Rpt/ABC WNNM
16:00	Croc Files	14:00					Good Morning America
16:30	One World (TV-G)	14:30	[35] Late Show w/ David Letterman		The Jetsons (TV-G)		
17:00	Jeopardy!	15:00			Leave It To Beaver (TV-G)		
17:30	Headline News	15:30	[35] ESPNNews		Happy Days (TV-G)		Baseball Tonight
18:00	CNN/ISI	16:00	[05] Movies 'Til Dawn		The Jeffersons (TV-G)		
18:30	Headline & Lajes News	16:30	National Velvet (TV-G)		Star Trek: Next Generation		Tour de France
19:00	Sabrina, The Teenage Witch	17:00			Where No One Has Gone		
19:30	Boy Meets World (TV-PG)	17:30			Secrets of War (TV-PG)		
20:00	Dark Angel (TV-14)	18:00	[20] Movies 'Til Dawn		Prisoners of War (Pl.3)		
20:30	The Kidz Are Alright	18:30	Throw Momma From The Train		Sea Tales		SportsCenter
21:00	Ally McBeal (TV-14)	19:00			Remember the Maine		
21:30	Falling Up	19:30			NYPD Blue (TV-14)		60 Minutes II
22:00	Headline & Lajes News	20:00	Headline News		Along Came Jones		
22:30	[35] Tonight Show w/ Jay Leno	20:30	ESPNNews		The Last Don (Pl. 1)		Fox News Live (FNC)
23:00		21:00	Today				Headline News
23:30	[35] Late Show w/ David Letterman	21:30			The Jetsons (TV-G)		NBC Nightly News
0:00	[35] ESPNNews	22:00			Leave It To Beaver (TV-G)		ABC World News Tonight
1:00	MLB	23:00	Today II		Happy Days (TV-G)		CBS Evening News
1:30	Interleague Teams TBD	23:30			The Jeffersons (TV-G)		CART
2:00		0:00	Sesame Street (TV-Y)		Who Wants To Be A Millionaire		CART Midseason Pit Stop
2:30		0:30			Wheel Of Fortune		USGA British Open Preview
3:00		1:00	Dora, The Explorer (TV-Y)		Oprah Winfrey Show (TV-14)		Up Close w/Gary Miller
3:30		1:30			Antiques Roadshow Cincinnati, Ohio		Sports Tonight
4:00	Baseball Tonight	2:00	Oprah Winfrey Show (TV-14)		The American Experience		
4:30		2:30			Spy in the Sky		Larry King Live
5:00	Headline News	3:00	NBC Nightly News		X-Files (TV-14)		
5:30	ABC World News Tonight	3:30	Judge Judy (TV-PG)		Folie A Deux		News w/Brian Williams
6:00	CNN/ISI	4:00	Port Charles (TV-14)		The Last Don (Pl. 2)		The O'Reilly Factor
6:30	NBC Nightly News	4:30	[25] Guiding Light (TV-14)				
7:00	Sesame Street (TV-Y)	5:00	[13] General Hospital (TV-14)				
7:30		5:30					
8:00	Dora, The Explorer (TV-Y)	6:00	Rugrats (TV-Y)				
8:30	Wheel Of Fortune	6:30	SpongeBob SquarePants				

Thursday

TIME	CH38 AFNATLANTIC	TIME	CH38 AFNPACIFIC	TIME	CH39 SPECTRUM	TIME	CH40 NEWSPORTS
9:00	Oprah Winfrey Show (TV-14)	7:00	Pokemon (TV-Y)		The Jetsons (TV-G)		Nightline
9:30		7:30	Superman '96		Leave It To Beaver (TV-G)		Nightly Business Report
10:00	Port Charles (TV-14)	8:00	Jeopardy!		Happy Days (TV-G)		60 Minutes II
10:30	[25] Guiding Light (TV-14)	8:30	Headline News		The Jeffersons (TV-G)		
11:00	[13] General Hospital (TV-14)	9:00	Pacific Report		Who Wants To Be A Millionaire		MLB
11:30		9:30	[33] CNN/ISI				Teams MLB
12:00	Headline News	10:00	Friends (TV-PG)		Antiques Roadshow Cincinnati, Ohio		
12:30	Judge Judy (TV-PG)	10:30	The Steve Harvey Show		The American Experience		
13:00	Today	11:00	Frasier (TV-PG)		Spy in the Sky		
13:30		11:30	[35] The Drew Carey Show		X-Files (TV-14)		ESPN Sportscenter
14:00		12:00	ER (TV-14)		Folie A Deux		
14:30		12:30	The Crossing				
15:00	Rugrats (TV-Y)	13:00	Pacific Report		The Last Don (Pl. 2)		Headline News
15:30	SpongeBob SquarePants	13:30	[35] Tonight Show w/ Jay Leno				Morning Biz Rpt/ABC WNNM
16:00	Pokemon (TV-Y)	14:00					Good Morning America
16:30	Superman '96	14:30	[35] Late Show w/ David Letterman		The Jetsons (TV-G)		
17:00	Jeopardy!	15:00			Leave It To Beaver (TV-G)		
17:30	Headline News	15:30	[35] ESPNNews		Happy Days (TV-G)		Baseball Tonight
18:00	CNN/ISI	16:00	[05] Movies 'Til Dawn		The Jeffersons (TV-G)		
18:30	Headline & Lajes News	16:30	The Sting (TV-PG)		Who Wants To Be A Millionaire		Teams TBD
19:00	Friends (TV-PG)	17:00					
19:30	The Steve Harvey Show	17:30			Antiques Roadshow Cincinnati, Ohio		
20:00	Frasier (TV-PG)	18:00	[20] Movies 'Til Dawn		The American Experience		
20:30	[35] The Drew Carey Show	18:30	Cowboy (TV-PG)		Spy in the Sky		SportsCenter
21:00	ER (TV-14)	19:00			X-Files (TV-14)		Your World w/Nail Cavuto
21:30	The Crossing	19:30			Folie A Deux		
22:00	Headline & Lajes News	20:00	Headline News		The Last Don (Pl. 2)		Fox News Live (FNC)
22:30	[35] Tonight Show w/ Jay Leno	20:30	ESPNNews				Headline News
23:00		21:00	Today		The Jetsons (TV-G)		NBC Nightly News
23:30	[35] Late Show w/ David Letterman	21:30			Leave It To Beaver (TV-G)		USGA 130th British Open 1st Rnd
0:00	[35] ESPNNews	22:00			Happy Days (TV-G)		
1:00	MLB	23:00	Today II		The Jeffersons (TV-G)		
1:30	Interleague Teams TBD	23:30			Who Wants To Be A Millionaire		
2:00		0:00	Sesame Street (TV-Y)				
2:30		0:30			Zooomoo (TV-Y)		
3:00		1:00	Dora, The Explorer (TV-Y)		Wheel Of Fortune		
3:30		1:30			Oprah Winfrey Show (TV-14)		Baseball Tonight
4:00	Baseball Tonight	2:00	Oprah Winfrey Show (TV-14)		Discovery Specials (TV-PG)		
4:30		2:30			Tarantulas and Their		
5:00	Headline News	3:00	NBC Nightly News		The Keepers (TV-G)		Sports Tonight
5:30	ABC World News Tonight	3:30	Judge Judy (TV-PG)		Safari		
6:00	CNN/ISI	4:00	Port Charles (TV-14)		Iron Chef (TV-PG)		Larry King Live
6:30	NBC Nightly News	4:30	[25] Guiding Light (TV-14)		Red Snapper		
7:00	Sesame Street (TV-Y)	5:00	[13] General Hospital (TV-14)				News w/Brian Williams
7:30		5:30			The Last Don (Pl. 3)		
8:00	Zooomoo (TV-Y)	6:00	Sylvester & Tweety Mysteries				The O'Reilly Factor
8:30	Wheel Of Fortune	6:30	Disney's Pepper Ann (TV-G)				

July 13

TIME	CH38 AFNATLANTIC	TIME	CH38 AFNPACIFIC	TIME	CH39 SPECTRUM	TIME	CH40 NEWSPORTS
9:00	Oprah Winfrey Show (TV-14)	7:00	Mesha (TV-PG)		The Jetsons (TV-G)		Nightline
9:30		7:30	Sabrina, The Teenage Witch		Leave It To Beaver (TV-G)		Nightly Business Report
10:00	Port Charles (TV-14)	8:00	Jeopardy!		Happy Days (TV-G)		48 Hours (CBS)
10:30	[25] Guiding Light (TV-14)	8:30	Headline News		The Jeffersons (TV-G)		
11:00	[13] General Hospital (TV-14)	9:00	Pacific Report		Who Wants To Be A Millionaire		NBA 2002 Summer Hoops
11:30		9:30	[33] CNN/ISI				
12:00	Headline News	10:00	The Simpsons (TV-PG)		Discovery Specials (TV-PG)		
12:30	Judge Judy (TV-PG)	10:30	Malcolm In The Middle		Tarantulas		
13:00	Today	11:00	Boot Camp (TV-PG)		The Keepers (TV-G)		RPM2Night
13:30		11:30	Mission Mess		Safari		Up Close w/Gary Miller
14:00		12:00	X-Files (TV-14)		Iron Chef (TV-PG)		ESPN Sportscenter
14:30		12:30	The Gift		Red Snapper		
15:00	Sylvester & Tweety Mysteries	13:00	Pacific Report		The Last Don (Pl. 3)		Headline News
15:30	Disney's Pepper Ann (TV-G)	13:30	[35] Tonight Show w/ Jay Leno				Morning Biz Rpt/ABC WNNM
16:00	Mesha (TV-PG)	14:00					Good Morning America
16:30	Sabrina, The Teenage Witch	14:30	[35] Late Show w/ David Letterman		The Jetsons (TV-G)		
17:00	Jeopardy!	15:00			Leave It To Beaver (TV-G)		
17:30	Headline News	15:30	[35] ESPNNews		Happy Days (TV-G)		MLB
18:00	CNN/ISI	16:00	[05] Movies 'Til Dawn		The Jeffersons (TV-G)		Teams TBD
18:30	Headline & Lajes News	16:30	Used People (TV-PG)		Who Wants To Be A Millionaire		
19:00	The Simpsons (TV-PG)	17:00					
19:30	Malcolm In The Middle	17:30			Discovery Specials (TV-PG)		
20:00	Boot Camp (TV-PG)	18:00	[15] Movies 'Til Dawn		Tarantulas		
20:30	Mission Mess	18:30	Bat 21 (TV-PG)		The Keepers (TV-G)		SportsCenter
21:00	X-Files (TV-14)	19:00			Safari		
21:30	The Gift	19:30			Iron Chef (TV-PG)		PrimeTime Thursday (ABC)
22:00	Headline & Lajes News	20:00	Today		Red Snapper		
22:30	[35] Tonight Show w/ Jay Leno	20:30			The Last Don (Pl. 3)		Fox News Live (FNC)
23:00		21:00					Headline News
23:30	[35] Late Show w/ David Letterman	21:30	Callou (TV-Y)				NBC Nightly News
0:00	[35] ESPNNews	22:00	Reading Rainbow				ABC World News Tonight
1:00	[05] Movies 'Til Dawn	23:00	Disney's Recess (TV-Y)		The View		CBS Evening News
1:30	Used People (TV-PG)	23:30	Rugrats (TV-Y)				USGA 130th British Open 2nd Rnd
2:00		0:00	Pokemon (TV-Y)		Better Homes & Gardens		
2:30		0:30	City Guys (TV-Y)		A Wedding Story (TV-PG)		
3:00	[15] Movies 'Til Dawn	1:00	Standard Deviants (TV-G)		Frasier (TV-PG)		
3:30	Bat 21 (TV-PG)	1:30	Battlebuds (TV-PG)		Shutout in Seattle (60mins)		
4:00		2:00	Hometime (TV-PG)		Dawson's Creek (TV-14)		
4:30		2:30	California's Gold		The Longest Day		
5:00	Headline News	3:00	NBC Nightly News		Beverly Hills, 90210 (TV-14)		Sports Tonight
5:30	ABC World News Tonight	3:30	Navy/Marine Corps News		Ready or Not		
6:00	CNN/ISI	4:00	Boxing		Any Day Now (TV-14)		Larry King Live
6:30	NBC Nightly News	4:30	Boxers TBD		Heads or Tails		
7:00	Callou (TV-Y)	5:00			Masterpiece Theatre (TV-14)		News w/Brian Williams
7:30	Reading Rainbow	5:30			A Respectable Trade (Pl. 1)		
8:00	Disney's Recess (TV-Y)	6:00					The O'Reilly Factor
8:30	Rugrats (TV-Y)	6:30	Tour De France				



All movies start at 7 p.m. unless otherwise noted. Call 2-3302 for more information.

(V, violence; S, sex or sensuality; D, drug use; L, language; G, gore)

**Saturday
Spy Kids, 4 p.m.**

Antonio Banderas; for years she told her children a bedtime story about two spies falling in love. Little do they know the spies were their parents, who have been kidnapped. PG.

**Sunday, 4 p.m.
Bridget Jones' Diary**

Renee Zellweger; Bridget decides it's time to start keeping a diary. With an opinion on every subject, she's turning the page on a new life. R (L, S).

**Monday
Joe Dirt**

David Spade; Joe Dirt hits the road to find his parents and goes from one misadventure to another. PG-13. (S, L).

**Tuesday
Crocodile Dundee in L.A.**

Paul Hogan; Mick and Sue are back and headed to Hollywood to investigate a murder that leads to a movie studio. PG. (L).

**Wednesday
Driven**

Sylvester Stallone, Kip Pardue; A young hot shot driver is coming apart at the seams. A former champion is called in to give him guidance. PG-13 (L, V).

**Thursday
The Forsaken**

Kerr Smith; driving from L.A. to Florida, Sean picks up a hitchhiker and his road trip turns into a blood-soaked nightmare. R (V, G, L, S).

**Friday
Angel Eyes**

Jennifer Lopez; while pursuing a suspect, a police officer nearly becomes the victim of an ambush until a stranger saves her life. Luck, or a twist of fate? These two have met before. R. (L, S, V).

The Mummy Returns, 10 p.m. Brendan Fraser; the mummy is resurrected and walks the earth once more, determined to fulfill his quest for immortality. PG-13 (V).

Classifieds

To place a classified ad, drop off information at the public affairs office, Bldg. T-100, Room 207, or e-mail beverly.isik@lajes.af.mil. Please call PA to cancel the ad when the items sells.

110 volt appliances available mid-July, toaster, iron, skillet, hair dryer and curling iron. Call 295-549-498.

1984 Chevy Chevette, \$500 OBO, available Aug. 2, Call 295-549-768.

1987 Plymouth Horizon, free to a good home. Fix or use it for parts. Worth the price. Call 2-3712.

'89 Ford Taurus station wagon: black/grey; automatic; power steering, windows, seats and door locks; dependable, some rust; new front tires, alternator, muffler, battery, windshield, CD player. Call 295-905-551.

1987 Chevy Cavalier Z24: 2-door hatchback, manual 5-speed transmission, digital display reads mph or kph, \$1,200. Call 295-549-744 or 2-2208.

FREE Cat: House cat, spayed female, 2 years old, all shots and records on base, not too good with infants or children. Includes carrier, litter box and more. Call 295-905-551.

Horse for sale: Mare, 12 years old, Arab/Lusitano breeding, shoes. Well broken, gentle. Includes saddle, bridle, halter and supplies. 295-905-551.

Dehumidifier: \$50, call 295-549-686.

Found: Did you lose something near the auto hobby shop and car wash? If so, call 295-549-686 and describe.

BULLFIGHTS

Today, 6 p.m.

Corpo Santo, Angra

Saturday, 6 p.m.

Serra São Tiago (behind CE compound)

Caminho da Cidade, Porto Judeu

Corpo Santo, Angra at 9 p.m.

Sunday, 6 p.m.

São Bento, Angra

Wednesday, 6 p.m.

Largo São Bento, Angra



Community Briefs

Vet has pets for adoption

The veterinary clinic has two kittens and a puppy for adoption. If interested call 2-3134 or stop by Bldg T-459.

Get help to quit smoking

The next Tobacco Cessation class will be July 19, 12 p.m. Call the Health and Wellness Center at 2-3889 to sign up.

School registration underway

Parents can register elementary students between 8 a.m.-3 p.m., and high school students from noon-4 p.m. Call Cidalia at the elementary, 2-3491, or Joel at the high school, 2-3357, for information.

Sponsors of new students should call the schools at the numbers above for items needed at registration.

Learn safe SCUBA diving

Aqua knights of Atlantis will sponsor a free SCUBA diving opportunity at the base pool Saturday at 7 p.m. A certified dive master will be available. For more information or to sign up, call Master Sgt. Stephen Beveridge at 2-6455.

Officials and coaches needed

The youth center needs volunteers for the soccer program. Call Arnold at 2-1197 for information.



photo by Senior Airman LeeAnn Sunn-Wagner

Gate keepers

RED HORSE engineering teams from the Ohio and Pennsylvania Air National Guard are rebuilding the Beira Mar Gate and constructing a traffic circle along the public road accessing the gate. The traffic circle will improve traffic flow and safety and enhance base force protection. As of Thursday, the \$295,000 project, scheduled to take about three months, is 32 percent complete. Approximately 30 members of the crew are working from 7 a.m.-5 p.m., Monday through Friday.